

Exit

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Claudia Arndt (DE) - November 2021

Musik: F**k You - Lily Allen



The dance begins after 16 beats with the use of singing

S1: Chassé, Rock Back r + l

- 1&2 Step to the right with right - Put left foot to right and step to the right with right
3-4 Step backwards with left - weight back to right foot
5&6 Step to the left with left - right foot to left and step to the left with left
7-8 Step backwards with right - weight back to left foot

S2: Boogie Walk 2, Shuffle Forward r + l

- 1-2 2 steps forward, each slightly crossing (r - l)
3&4 Step forward with right - put left foot to right and step forward with right
5-6 2 steps forward, each slightly crossing (l - r)
7&8 Step forward with left - right foot to left and step forward with left

S3: 2x Shuffle Back r + l

- 1&2 Step backwards with right - put left foot to right and step backwards with right
3&4 Step backwards with left - right foot to left and step backwards with left
5-8 Like 1-4

S4: Kick Forward, Kick Side, Coaster Step, Kick Forward, Kick Side, ¼ Turn l/Coaster Step

- 1-2 Kick right foot forward - Kick right foot to right
3&4 Step backwards with right - put left foot to right and small step forward with right
5-6 Kick left foot forward - kick left foot to left
7&8 1/4 turn left around and step backwards with left - Put right foot next to left foot and small step forward with left (9 o'clock)

S5: Side, Close, Chassé r Turning ¼ r, Step, Pivot ½ r, Shuffle Forward

- 1-2 Step to the right with right - put left foot to right
3&4 Step to the right with right - Put left foot to right, 1/4 turn right around and step forward with right (12 o'clock)
5-6 Step forward with left - 1/2 turn right around on both feet, weight at the end right (6 am)
7&8 Step forward with left - right foot to left and step forward with left

S6: Walk 3, Touch, Back 3, Touch

- 1-4 3 steps forward (r - l - r) - tap left foot next to right
5-8 3 steps backwards (l - r - l) - tap right foot next to left

S7: 2x ¼ Monterey Turn r

- 1-2 Tap the right tip of the right foot - 1/4 turn right around and right foot to the left (9 am)
3-4 Tap the left tip of the left foot - put left foot to right
5-8 Like 1-4 (12 o'clock)

S8: 2x Jazz Box Turning ¼ r

- 1-2 Cross right foot over left - 1/4 turn right around and step backwards with left (3 o'clock)
3-4 Step to the right with right - put left foot to right
5-8 Like 1-4 (6 am)

Repetition to the end

Bridge (after the end of the 1st, 3rd and 5th round - 6 o'clock)

Step, Pivot $\frac{1}{2}$ l, Unwind $\frac{1}{2}$ l

1-2 Step forward with right - 1/2 turn left around on both bales, weight at the end left (12 o'clock)

3-4 Slow 1/2 turn left around on both bales, weight at the end left (6 o'clock)
